



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35133, Chilchen (Red Berry Beverage) (Navajo) ^a

Report Date: May 31, 2017 03:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	89.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	183	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	0.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	0.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash ¹	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	8.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total ¹	g	2.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sucrose ¹	g	1.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fructose ¹	g	0.74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Maltose ¹	g	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Galactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Minerals													
Calcium, Ca ¹	mg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe ¹	mg	0.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg ¹	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P ¹	mg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K ¹	mg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn ¹	mg	0.19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu ¹	mg	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn ¹	mg	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Thiamin ¹	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin ¹	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin ¹	mg	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid ¹	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 ¹	mg	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total ¹	μg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated ¹	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 ¹	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.151	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated ¹	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated ¹	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 04/2004
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 04/2004

Amino Acids

Other

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000*, 2000 Beltsville MD

Footnotes

^a Weight of serving based on limited sampling and may vary widely.